



Montana Masters State Championship 2015 ENTRY FORM

Please send form and fees to:

**Mission Valley Aquatics / Attn: MT Masters Meet;
PO Box 774, Polson, MT 59860**

(Must be received no later than Friday, March 13, 2015)

| Saturday, March 21, 2014 | | Sunday, March 22, 2014 | |
|---|--------------------------------------|---|-----------------------|
| Events | Seed Time | Events | Seed Time |
| Warmup: 10:30 a.m. Meet Start: 11 a.m. | | Warmup: 9 a.m. Meet Start: 9:30 a.m. | |
| 1. 1,650 Free | | LMSC Meeting 8-9 a.m. | MVA Party Room |
| WARMUP (30 minutes) | ---- | 10. 200 IM | |
| 2. 400 IM | | 11. 50 Backstroke | |
| 3. 50 Breaststroke | | 12. 100 Freestyle | |
| 4. 200 Freestyle | | 13. 50 Butterfly | |
| 5. 100 Butterfly | | 14. 200 Breaststroke | |
| 6. 200 Backstroke | | WARMUP (15 minutes) | ---- |
| 7. 50 Freestyle | | 15. 1,000 Freestyle | |
| 8. 200 Free Relay | | WARMUP (15 minutes) | ---- |
| WARMUP (15 minutes) | ---- | 16. 400 Free Relay | |
| 9. 500 Freestyle | | 17. 100 Breaststroke | |
| | | 18. 100 Backstroke | |
| Montana Masters Meeting | MVA Party Room | 19. 200 Butterfly | |
| | | 20. 100 IM | |
| Dinner & Social 5:30 - 8:30 p.m. | LAKE BAR & GRILL, 49494 US Hwy 93 | 21. 200 Medley Relay | |

| | | | |
|---------------------------------------|---|-------------|--------------|
| NAME: | USMS # (please attach copy of your card) | | |
| ADDRESS: | | | |
| CITY: | ZIP: | | |
| PHONE: | EMAIL: | | |
| DATE OF BIRTH: | AGE: | SEX: | M / F |
| PRIMARY MASTERS WORKOUT GROUP: | | | |

Meet Entry Fee: \$35 _____
 Dinner Ticket: \$15 (Pasta Bar, Salad, Dessert) _____

TOTAL FEES ENCLOSED: \$ _____
 (Make Checks Payable to "Mission Valley Aquatics")

USMS Yearly Membership: \$45 **REGISTER ONLINE:** www.USMS.org/reg/ (preferred)

USMS One Event Fee: \$18 **OR** Make Check Payable to "**MT Masters**"
And Mail Check to: **MT Masters / Attn: Ellen Parchen**
320 Tyler Way, Lolo, MT 59847

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name First Name MI M F
Sex (circle) Date of Birth (mm/dd/yy)

Street Address City State Zip

Signature of Participant Date Signed

The Montana Local Masters Swimming Committee invites you to attend:

The Montana Masters State Championship Swim Meet

March 21-22, 2015 in Polson, Montana

Sanction Number: _____

LOCATION: Mission Valley Aquatic Center (309 Ridgewater Drive, Polson, MT 59860). Eight-lane, 25-yard regulation/certified short course pool.

SANCTION AND RULES: The meet is recognized by USMS/MT LMSC swimming. The 2015 USMS Swimming and Montana Masters Swimming Rules will govern the conduct of the meet. Timing will be by Colorado Timing System or watches as backup. All events will be timed finals.

ELIGIBILITY: All swimmers must have a current USMS Swimming card, or be covered by the USMS one-event registration form for insurance purposes. Only full year USMS members are eligible to set state/national records. Swimmers must be registered in one manner or another at the beginning of the meet. Online registration or hard copy forms can be processed with the meet entry form.

MEET FORMAT: All events will be seeded mixed gender and according to seed time – slowest to fastest. A no time entry will swim in the first heat of each event. **This is not a preferred entry option.** A guess of a seed time is better than none. This will help with the timeline of the meet, and the best placement of swimmers in heats for best performance.

ENTRIES: Each swimmer may compete in a **maximum of EIGHT (8) individual events, not exceeding FIVE (5) individual events in a single day.** Swimmers will be placed in age group categories based on their age on the **last** day of the meet. Swimmers shall be seeded on the basis of their submitted times, all events will be swum slowest to fastest. **There will be NO individual DECK entries.** Relays will be deck seeded, as they are for fun. There will be specified warm-up times before event starts for each session. The 1,650 and 1,000 will be swum mixed gender according to seed time (required) and may be seeded two per lane if events require more than two heats. The 1,650 and 500 will be seeded slowest to fastest, and the 1,000 will be swum fastest to slowest.

ENTRY FEES: The entry fee for each swimmer is \$35. Swim meet checks should be made payable to “Mission Valley Aquatics.” No entries will be accepted without the proper entry fees. There will be NO REFUNDS. **Entries must be received no later than Friday, March 13, 2015.**

Mail Entries and payment to: Mission Valley Aquatics / Attn: MT Masters Meet; PO Box 774, Polson, MT 59860.

RESULTS: Results will be posted as they are finalized at the meet. Swimmers will be placed and receive points according to their gender/age group categories, with team points being tallied at the end of the meet for bragging rights, and possession of the traveling trophy for the next year. Swimmers who wish to hold state records must be full year USMS members.

BUSINESS MEETINGS: The Montana Masters Swim Team will hold their business meeting on Saturday after the completion of Event 9, the 500 Freestyle. The LMSC business meeting will be held Sunday morning from 8-9 a.m. in the Mission Valley Aquatics party room.

ACCOMMODATIONS: The KwaTaqNuk Resort & Casino ((406) 883-3636) will hold 20 double-queen city view rooms for \$79.99 and 10 double-queen lake view rooms for \$89.99 (does not include 8% tax) for March 20-21. Please ask for the “Masters Swim Meet” block rate and be aware that once a reservation is guaranteed, any cancellations within 72 hours from the date of arrival will be billed for one night’s room and tax.

Questions? Ali Bronsdon: 406-883-4567 ali@mvaquatics.org